



# TO SAY

Ladakhi, English, Francais, Hindi

Here are some important sentences, which the Tourists/Trekkers/Tourist Guides/Students

## ★ Use frequently with love ★



#### Available at :-

- 1 Hon'cy Capt. Tsering Rigzen (Regd.) Seachan General Merchant Bus Stand Leh (Ladakh)
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PHUNCHOK TANGAIS S. R. O. Mountraneer Regd, :- No TRM/Reg.-T-GL 903



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Francais	English	Ladakhi (phon.)	Hindi (phon.)
mon	my your	nge kyorangi khon gi	mera tumhara is ka, us ka
son, sa notre votre leur	his, her our your their	nga chi nyerangi khong-guni	hamara ap ka in ka, un ka
roi reine ministre	king queen minister father	gyal po gyal mo Ihon po aba	raja rani mantri pita (ji)
pere mere frere ame frere cadet soeur ainee	mother elder brother younger brot. elder sister	ama atcho no atche	mata (ji) bara bhai tchota bhai bari bahih
soeur cadette grand-pere grand-mere	younger sister grandfather grandmother aunt (father'ss.)	nomo meme abi	tchoti bahin nana nani tchathci
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verre assiette cuillere coutean tente	plate spoon knife tent	thabag (thali) thur mangs ti kur	thali tchamatch tchaku tchura tambu
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Francais	English	Ladakhi (phon.)	Hindi (phon.)
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aujourd'hui	today	dering	aaj
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hier	yesterday	dang	kal (bita hua)
matin	morning	ngatok	savere
soir	evening	pitok	sham
semaine	week	donchak	hafta
mois	month	lda	mahina
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l'annee dern.	last year	na ning	pishla saal
l'annee prochaine	next year	nang mo	agla saal
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ete	summer	yar	garmi
automne	autumn	ston ka	patchar
hiver	winter	rgun ka	sardi
chaud	warm	tsang te	garam
froid	cold	tang mo	thada
blanc	white	karpo	safed
noir	black	nakpo	kala
jaune	yellow	serpo	peela
rouge	red	marpo	laal
bleu	blue	ngon po	neela
vert	green	ljangku	haraa
lourd	heavy	chinte	bhari
teger	light	yang mo	halka
rond	round	kirkir	gol
plat	flat	leplep	gira hua
grand	large	chenmo	barha
petit	small	chungun	chhota
proche	close	nyemo	nazdik (band)
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solei	sun	gni ma	suraj
lune	moon	lda wa	chaand
etoile	star	skarma	taara
col	pass	la	aage niklna
riviere	river	tsangs po	nadi
montagne	mountain	ri chi ak	paharh
plaine	plain	spang	medaan
vallee	valley	lung pa	ghatti
route	road	lam surres	raasta
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or .	gold	ser	sona
argent	silver	mul	chaandi
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perle	pearl	mutik	moti
pierre	stone	rdo	pathar
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sable	sand	pema cons	balu (ret)
herbe	grass	sa balang	ghas
fieur	flower	mentok	phul
arbre	tree	tchang ma	briksh (perh)
bois	wood	ching	Control of the Contro
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Francias	English	Ladakhi	Hindi
		(phon.)	(phon.)
Library Company			sabzi
legume	vegetable	tseutma	matchli
poisson	fish	gna	makkhan
beurre	butter	mar	roti
pam	bread	tagi	
sucre	sugar	khara	tchini
cereale	cereal	nasse	anadj
farine d'orge	barley flour	tsampa	jou ka atta
ble	wheat	to	gehun
orge	barley	chirok	djo tchavel
riz .	rice	dass	dahi
yogourt	curd	jo	phal
fruit	fruit	shintok	khubani ka phal
abricot	apricot	pating	seb
pomme	apple	kuchu	pani
eau	water	tchu	tchai
the	tea		dudh
lait	milk	oma	ghora
cheval	horse	sta bung bu	gadaha
ane	donkey	khi	kuta
chien	dog	lug	bher
mouton	sheep	rama	bakri
chevre	goat	balang	ghaye
vache	cow	chamo	murgi
poule	hen	chapo	murga
coq	cock	chipa	pakshi
oiseau	bird		koya
corbeau	crow	porok	mandir
temple	temple	Ihakha	math
monastere	monastery	gompa	
moine	monk	tapa (la,,a)	math darvaa
portier	monastery porter	kom gnier	
nord	north	tchan tch.og	
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est	east	char tchngs	purv

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ixde	(seutma s	vegetable	legume
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utter	tchan tchogs	north	nord
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viuq	char tehoga	east	190

Francias	English	Ladakhi (phone)	Hindi (phone)
oui	yes	yot	han (ji)
non	no	met	(ji) nahin
Bonjour Comment allez-vous?	hello How are you?	djule rdemo ina ?	namaste ap kaisn hain ?
Je vais bien	I am fine	kysa dju	main thik hun
Entrez	Come in	skyodang	ayiye
Asseyez-vous	Sit down	Juksa zath	bethiye
D'ou venez-vous ?	Where do you come from?	kaong na chkot pin ?	kahan se ah rahe hain
Ou allez-vous ?	Where are you going?	karu chkyo dat?	kider dja ap ja rahe hain
Je vais a Leh	I'm going to Leh	nga le-a chat	main le tak dja raha hun
Ou demeurez vous ?	Where do you live ?	nyerang karu Juk sat ?	ap kahan rahte hain ?
Je vis a Leh Combien cout ce livre?	I live in Leh na e What is the price of this book ?	leh la do gath i specha rin tsam in ?	main le rehta hun is kitab ka dam kya hai ?
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Avez-vous du svcre ?	Do you have any sugar?	karra yoda ?	apke pass chini hai?
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Oui il y en a	Yes there are	sta thop bin	hanji milenge
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#### Ladakh

One of the newest "adventure" travel opportunities within India is the remote and rugged Himalayan region of Ladakh, only recently opened to air travel, with Indian Airlines services to Leh. Lying north of Srinagar, from which it can be approached by road, Ladakh borders on China to the north and east. The territory of Ladakh, representing 70 percent of the total area of Jammu and Kashmir State, is one of the highest regions of the earth. total population of only 120,000, Ladakh has one of the lowest population densities in the world of about 2 to 3 per square mile. For the most part inhospitable and craggy, rhe forbidding terrain is arid beyond belief, with mountain peaks soaring 3 to 4 miles high. The joint effects of elevation and isolation amid snowy mountains produce perhaps the most unusual climate in the world. heat by day is succeeded by piercing cold at night, and everything is parched by the extreme dryness of the air. The annual rainfall rarely exceeds 3 to 4 inches. As one drives along the ups and downs of arid, barren, sun-beaten and windswept mountains for miles and miles, there is no sign of human being, bird or tree, just deserts of granite dust, bare crags and mountains of different hues. which give a feeling of being somewhere on the lunar surface.

In spite of this forbidding terrain, Ladakh has its own charm and attraction for the tourist. Pink granite contrasting with a deep blue sky, brisk sunshine, keen air and green valleys dotted like oases in a vast desert present a goal worth visiting. There is great cultural variety among the peoples inhabiting different river valleys.

The most striking feature in the physical aspect of Ladakh is the way in which its mountain ranges run across it from southeast to northwest. This general direction of mountain chains determines the courses of the rivers as well as the boundaries of the natural divisions of the area. The ranges from west to east are the main Himalayan, the Zanskar, the Ladakh, the Muztagh and the Kuen Lun ranges. According to its system of rivers, Ladakh can be devided into a number of valleys, the principal one being that of the Indus which runs through the entire length of the region from southeast to northwest.

#### **Exploring Ladakh**

Ladakh is connected with Kashmir valley by a black-topped road which remains open from May to November. The road passes through picturesque villages on the banks of the River Sindh, leaving the valley at the lush green Meadow of God (Sonamarg). The first pass to be crossed in order to reach Ladakh is Zoji-La (11,578 ft adove sea level). On the other side of the pass starts the Drass Valley. The two sides of the Pass consist of greee-clothed, forest-clad hillsides, while the Ladakh side is arid, bare and stony.

Below Tashgam starts a granite country, the mountains rising on both sides to serrated ridges of 17,000 to 18,000 ft, the who'e vertical height down to the river deing of bare, irregular, broken cliffs and shale.

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## Exploring Ladakh

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the standard entraction of clinica a grade mandest world and the second of the second s edical problem of the court of Kargil, the second largest town of Ladakh (population 2,800) is situated on the left bank of the River Suru which flows into the Indus at Marul. The Suru Valley, with Kargil as the headquaters, is peopled by Moslems. The villages in this area are about 9,000 ft. above sea level. There is less snow in winter, and he sun has a greater force and warmth, stimulating the abundance of fruit tress, manily mulberry and apricot. Willows and poplars grow along the water courses in the terraced fields.

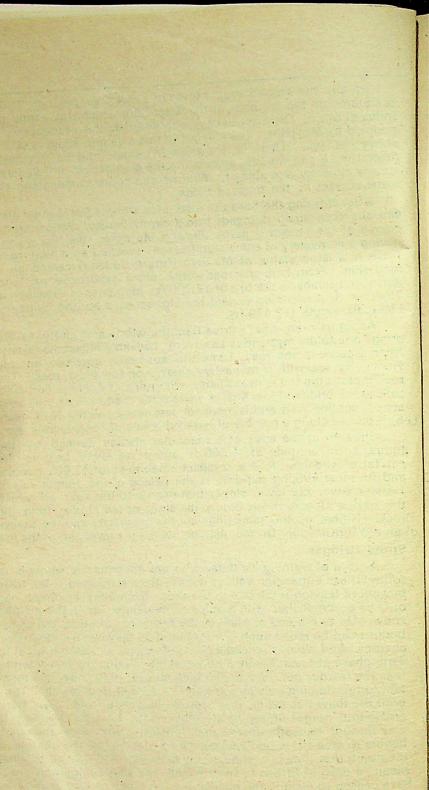
After crossing the Suru the road goes along a flat sandy plateau and then again descends that a narrow valley. Following the course of the stream it psses through Mulbekh, the first village having a monastery of some significance, perched on a high rock. There is a large statue of Maitriya (future Buddha) carved on a road side. From here the road turns into a landscape of lunar dunes and climbs to the top of 12,200 ft. high pass of Namika-La. The road thin winds up toward the highest pass on the Srinager-Leh road, Fatula (13,479 ft).

About half -an -hour's drive from the windy and chilly Fatula brings one to the mysterious Lamayuru, Ladakh's oldest monestery. After a curve in the road, Lamayuru suddenly appears, an old Tibetan village with a monastery sivated on top of a rock. The road crosses the Indus near Khalse, with ruins of Zorawar Fort adjacent to the bridge. From Khalse onward the road follows the Indus almost continuously and is more or less level. As the road nears Leh, it passes along a number of terraced plains of considerable length.

Situated at the apex of a triangular plateau formed by the Indus, at an altitude of 11,500 ft. above sea level, Leh is the capital of Ladakh. It is a compact small town of 12,000 people, and its most strtking building is the palace of the former rulers. Houses cover the lower slopes that rise up to the spur on which the palace stands, rising boldly for eight or ten stories from the rock. Higher up the same ridge are the monastery and the towns of an old fortification. On the plain below is the newer part of the town.

**Snow Bridges** 

A word of warning for those who are adventurous enough to follow these entrancing valleys right to their watershed: let them beware of leaving it too late in the year. Such treks as these can only be accomplished with a guide. The danger lies in the melting snow. Up to the end of May, or the beginning of June, the snowbridges can be relied upon. After that date they can be most treacherous. And what is termed a "snow-bridges" in Kashmir is, in its early phase at least, hardly a bridge at all. During the heavy winter falls the ravines get filled in and bridged over with snow, the mountain torrent forcing its way through in a funnel underneath. Thus, until the thaw has set in, it is possibe to walk up and down these precipitous gorges on top of the snow, with the river hurtling its way through beneath, unseen and unheard. But, once the snow begins to melt these bridges become so slender at the middle of their arch that they may snap at any moment—and this quite often means a drop of fifteen to twenty feet. The snowbridge may already have ceased to meet in the middle, leaving a gap of two or three feet.



The guide will lend a hand across and tell you to jump. You doand all is well as you hastan off on to the firmer portions of the wilting structure. The safest trip is the gaint snowbridge at Chandanwari, a 10 miles' pony trek from Pahalgam.

Continuing our return journey down the Liddar Valley, we arrive at Anantnag, where we rejoin the Vale of Kashmir. This place is famous for its springs and here we find ourselves once more in the land of the spreading 'chinars' and the popular avenues.

### Trekking and Climbing

Ladakh has extensive possibilities of high and difficult trekking and challanging climbing. There are inumerable towering peaks, most of them unnamed and unclimed. The suru and zangskar valleys present excellent area of Trekling in the shadow ot high peaks of Nun and Kun. The zangskar valley can be approached from Kargil by about, Eight days Trekking. The 14,000 ft. high Pass of Penzi-La-has to be crossed to reach the valley. There is a "Jeepable" road bulloning the river sure up to padum from Kargil. It is necessary to take all equipment, where can be hired at Leh.

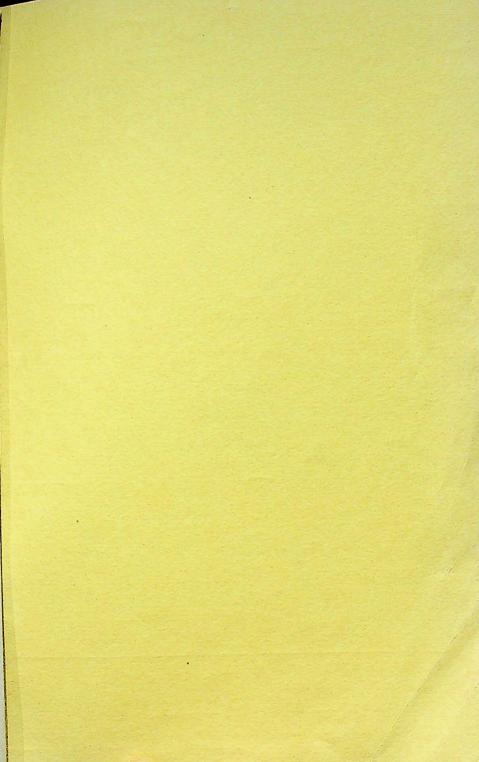
some of the best Treks in the region are.

Leh - Zangskar - Kishtwar - Manali Lamayouru - Zangskar - Manali, Manali - Leh - Zangskar - Kishtewar.

For more detailed contract P. with Tangais S. R.O. Mountraneer Guide Sirvice.

Regd. Govt. Guide of Ladakh Region

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